Re_Connection

PROGRAMME · 10–12 DECEMBER 2026 · DRESDEN

Re_Connection Winter Workshop

A ritual lab for emancipatory practices in democracy

Starts Thursday 4 pm · ends Saturday, open end



> *And rites are in time what the home is in space.*
> – Antoine de Saint-Exupéry (our translation)

Why do societies need rituals? What functions do rituals fulfil for belonging, transitions and collective memory? Which forms do we need in a plural society?

We would like to invite people to this workshop who look from very different perspectives at the significance of ritual, body and emotions in processes of social negotiation. As the Re_Connection team we want to share, reflect on and widen our experiences, and we look forward to exchange with others who work on related questions or are interested in them.

JUMP TO A DAY

Thursday
10 Dec 2026
Arriving & rituals

Friday
11 Dec 2026
Body, dance & nature

Saturday
12 Dec 2026
Music, community & closing

Register now via riesa efau →

Thursday, 10 Dec 2026

ARRIVING & RITUALS

16:00–17:00

Welcome, getting to know each other and introduction

by the Re_Connection collective

Arystan Petzold (music, research, education), **Carolina Márquez Blanco** (dance therapist and psychologist), **Susanne Gärtner** (cultural scientist and civic educator), **Antonia Miermeister** (facilitator for workshops and community formats)

17:00–18:30

Crossing Christian traditions

Juli Prüfert (theologian, activist, peace worker and adviser to social movements)

In this workshop we first reflect on what lies behind the traditions and rituals of one of the most powerful institutions – the Church. Why do so many of its customs still work? Which needs do they meet?

We then move on to naming today's values, attitudes and needs (collective and individual) in order to invent new rituals. What would your new holiday be called? What kind of procession (or parade) would you like to walk in through your neighbourhood? What kind of spaces would you need to deal with feeling overwhelmed and to find relief? Playful and serious suggestions are both welcome!

18:30–19:00 Break

19:00–20:00

European re-indigenisation and ritual work

Silvana Mangold (ritual designer, self-defence trainer, activist)

If we want to do ritual work as free as possible from cultural appropriation, it is essential to turn our attention to our Central European roots and our landscape. Alongside an insight into nature-cycle ritual work and the European wheel of life (re:nature compass), we exchange and discuss how rituals can be designed in a culturally sensitive way today.

20:00–20:30

EVERYONE TOGETHER

Closing round

from 20:30 Dinner together and winding down

Friday, 11 Dec 2026

BODY, DANCE & NATURE

10:00–10:30 EVERYONE TOGETHER

Shared check-in and arriving in the body

10:30–11:15 TALK

The anthropology of dance

Carolina Márquez Blanco (dance therapist and psychologist)

Dance has a social meaning in every society. How has this changed over the years in the Western tradition? What exactly was its social function, and what function does it have today? This talk also offers insights into traditional choreographic elements in West and Central Africa and the meaning of dance for rites of passage, and reflects on dance and power: is it a liberation or a colonisation of bodies?

11:15–11:30 Break

11:30–13:00

A walk through the Ecocycle

Wera Stein (organisational developer and dancer)

The Ecocycle describes processes of development in living systems – from personal projects through groups and organisations to social movements. It shows how something new emerges, grows and becomes established, when structures reach their limits, and how letting go can make room for renewal. The model also makes typical blockages visible: when resources for the new are missing, or when structures become too rigid to allow change.

In a guided audio meditation we move through the four phases of the Ecocycle: renewal, emergence, maturity and creative destruction. With impulses from dance and moments of pause we explore how setting out, growth, stability and letting go can feel in the body. We turn our attention to our own projects, relationships or processes of change: What wants to grow? What has reached its limits? And what may go, so that something new can come into being?

13:00–14:00 Lunch break

14:00–15:30

LARGE HALL

re:nature nature rituals

Eva Mäurer & Cäsarina Schulze-Dunkel (re:nature Institute)

We introduce the approach of the re:nature Institute and briefly present the work of Ursina and David Seghezzi. A core aspect is the image of a natural order that shows itself in everything alive, if we are open to it. This includes a cyclical view of life and being embedded in a web of being. To make this tangible we design a nature ritual together. This practical space of experience also connects to Silvana Mangold's talk on European re-indigenisation, deepening her impulses and making them tangible.

SMALL HALL

Meditation as a space for social transformation

Larissa Schlicher (philosopher, hospice volunteer and musician)

The neoliberal appropriation of mindfulness has turned meditation into a means of adaptation: self-regulation in a world in crisis. But what emancipatory potential can meditation unfold when it is thought of and practised beyond self-optimisation? To explore this question we work with impulses from Buddhism, the attention economy and deep ecology, made tangible through guided meditations. Together we explore how the practice of meditation can change our relationship to ourselves and the world, and how an awareness of political responsibility can grow from such embodied understanding.

15:30–15:45 Break

15:45–17:00

LARGE HALL

Ritual experiment: the collective body

Silvana Mangold (ritual designer, self-defence trainer, activist)

The idea is to let a collective, physical awareness emerge through bodily contact. Inspired by the movement qualities of the elements (earth, water, air, fire), we first get in touch with our own bodies, then come into contact with each other with curiosity and without intention, and explore the collective body that emerges. The format plays with many different forms of physical contact. It may recall contact improvisation, while we also try to let go of overly concrete images so that we can genuinely explore.

SMALL HALL

Origins – an artistic approach

Una Sprenger (community organiser, biologist & systems thinker)

What value does art offer in times of socio-ecological crisis? In a protected space we jointly explore the questions of our origins: Where do we come from? What has made us who we are today? And what traces do we want to leave? With the help of creative and artistic elements we unpack the gifts, but also the baggage, of our history and stories. Together we want to find our voice and use creativity as a compass for shaping our world.

17:00–18:30

EVERYONE TOGETHER

Shared reflection: body, nature and transformation

---

from 18:30 Dinner together and winding down

Saturday, 12 Dec 2026

MUSIC, COMMUNITY & CLOSING

10:00–10:30 EVERYONE TOGETHER

Arriving together

10:30–11:30 TALK

The ritual space – music, ritual and entrainment

Arystan Petzold (music, research, education)

The talk examines how music contributes to the emergence of ritual spaces and how, depending on the intention and design of a situation, it can take on different functions. Drawing on examples from his ethnomusicological and artistic research, Arystan Petzold explains how individual and collective experiences are framed by set and setting. The focus lies on the interplay of music and body: rhythm, repetition and song can attune the perception and movement of those involved to one another in time, while also fostering emotional resonance – a process described by the term entrainment.

11:30–13:00

Bodysongs – body percussion and singing

Elia Griebel & Maristella Witt (art therapists)

Feeling connected – with yourself and your own body – is a precondition for meeting the world self-confidently and for being able to come into contact with others. As we learn a rhythm together through tapping and clapping, combined with two-part singing, the body becomes a resonating space for our own feelings and for what emerges when we sound together as a group. This sets self-regulating and co-regulating mechanisms in motion, which are theoretically grounded in polyvagal and embodiment theory.

13:00–14:00 Lunch break

14:00–16:30

LARGE HALL

Ritual and holistic process facilitation in learning spaces

Selina Melchior & Franziska Sellmann (LernKultur coaches for unfolding potential and integral organisational developers focusing on education, Pioneers of Education)

A transformative inner movement, which we might also call a “learning process”, needs space. Spaces in which trust and courage can be present at the same time. In which what is essential has room and potential may be sensed. In this workshop we make it possible to experience, reflect on and integrate the architecture of such a learning space and the choreography of such a process. We invite you to an experience that may be physical, emotional, tentative or inspiring. Perhaps it will later bear fruit in your own contexts and learning processes.

The contribution is based on the architecture of the space of trust developed by the LernKulturZeit Akademie, and on the choreography of a transformative learning process inspired by Theory U. It is informed by practical experience of designing such learning spaces in our professional fields of school, personal development and organisational development – and is at the same time a new experiment every time: we do not bring a standard sequence, but design the space in a process-oriented way and in contact with what is there, while drawing on fundamental principles and ritual elements.

SMALL HALL

World on skin. Automythological mappings

Maria Fabricius-Wendt (wood sculptor, graduate artist and lecturer), **Salma Pethö-Zayed** (media scholar)

How do personal experiences and social conditions inscribe themselves into our bodies and stories? Starting from Gloria E. Anzaldúa's concept of autohistoria, we explore our own biography as a connection of personal experience, political history and collective reality.

After a short theoretical input, participants condense their experiences in writing into a guiding sentence and translate it into an individual drawing. This creates automythological maps that make inner landscapes, imprints and contradictions visible. In a shared reflection we bring the resulting works into relation with one another without dissolving their differences. Everyone takes away an artistic work of their own and new impulses for further exploring their own relationship to the world. No writing or drawing skills are needed; personal content does not have to be shared.

> *“Our bodies are geographies of selves made up of diverse, bordering, and overlapping ‘countries’. We are each composed of information, billions of bytes of cultural knowledge superimposing many different categories of experience. Like a map with colored web lines of rivers, highways, lakes, towns, and other landscapes features en donde pasan y Cruzan las cosas, we are marked.”*
>
> – Gloria E. Anzaldúa, Light in the Dark – Luz en lo Oscuro, p. 69

16:30–17:00 Break

17:00–18:30	LARGE HALL **mycelium singing: singing together as ritual practice** **Paola, Maristella & Laura** (Mycelium Collective) What does resistance sound like when we sing it together? How does it feel? In this workshop we explore our voices through improvisation and by learning a song of resistance, and experience how singing becomes tangible in our bodies and lets resonance arise. The focus is on singing together and the bodily experience. No prior knowledge or singing experience is needed.	SMALL HALL **What are we talking about when we say collapse? A social-science framing** **Ishka** This workshop gives an overview of different definitions and current meta-studies on the subject of collapse. Together we want to understand social connections better, question perspectives and discuss political room for manoeuvre. The aim is to take some of the threat out of the term and to open up new ways of dealing with social crises and uncertainty.
18:30–19:30	Dinner and break	
19:30–20:30	EVERYONE TOGETHER **Shared reflection & brainstorming: new rituals for our society**	
from 20:30	EVERYONE TOGETHER **Free dance, live music with Arystan & celebration**	

Information & registration

10–12 DECEMBER 2026

VENUE	riesa efau. Kultur Forum Dresden, Dachsaal Wachsbleichstraße 4a, 3rd floor, 01067 Dresden
CONTRIBUTION	€60 · reduced €30 · solidarity rate €120 for the programme and a share of the meals
ACCOMMODATION	We may be able to help if you are looking for somewhere to stay.
REGISTRATION	Places are limited. Please register as early as possible so that we can plan. riesa-efau.de/gesellschaft-gestalten/gesellschaft-kunst-politik/kurs/2026/12/10/115184/re-connection-winterwerkstatt/
CONTACT	contact@re-connection.info · www.re-connection.info

REGISTRATION

Register now via riesa efau →

An event by riesa efau. Kultur Forum Dresden
Info: Re_Connection collective